

**Nutrition: The Right Way  
(Magazine)**

**An Honors Thesis (HONRS 499)**

**by**

**Donna S. Frederick**

**Thesis Advisor  
Dr. David Sumner**

A handwritten signature in cursive script, reading "David Sumner", is written over a horizontal line.

**Ball State University**

**Muncie, Indiana**

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May 8, 1993**

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### **Thesis Statement**

The purpose of this project was to learn about the entire magazine production process. The business side, advertising, public relations and editorial sides were all explored for a better understanding of the magazine industry. The project included coming up with an idea for a magazine, designing, writing and producing it. It also included a business plan projecting expenses and revenues for the first two years. In addition, a four-page direct mail piece was created to test market the magazine if the magazine were to actually be published.



## ***Business Plan***

### **Concept:**

Any type of lifestyle change requires a proper mind set. In order to be healthy, you must not only exercise and practice good nutrition, you should also have your spiritual self in check in order to accomplish these goals. There is a need in the health and nutrition field for a magazine that emphasizes spiritual fitness as well as physical fitness.

My magazine, *Nutrition: The Right Way*, will fill a niche in the health magazine industry by putting both the spiritual side of health with the physical side. The main competitors will be *American Health Magazine*, *Better Health*, *Better Nutrition for Today's Living*, *Total Health* and *Vibrant Life*. All of these magazines touch one or more of the subjects that will be included in *Nutrition: The Right Way*.

*Nutrition: The Right Way* differs from *American Health Magazine* in that we will not include topics on medicine or medical practices. Everything in the magazine will be related to natural processes with no emphasis, advice or advertising that would promote pharmaceutical drugs or drugs of any kind, including over-the-counter drugs.

*Better Health* is similar to the ideas that will be promoted in *Nutrition: The Right Way*, but will have more of a Christian approach to the wellness and prevention issues. Also, all research for *Better Health* is

through medical doctors at their parent organization. Our statistics and data will be collected from a variety of sources and not just from a source that pays for advertising.

A publication that is found only in health food stores is *Better Nutrition for Today's Living*. It is free with a purchase made at the store. It doesn't promote medical practices and medicine but does promote the use of herbs, vitamins and supplements, but not from a Christian perspective. This magazine would be a strong competitor as far as general content. Since it is only distributed in health food stores, it has a limited audience. I would like to market *Nutrition: The Right Way* on newsstands as well as health food stores. It will contain issues that pertain to everyone, not just those who frequent health food stores.

*Total Health* boasts to be "a family magazine about wholeness." This magazine covers issues on fitness, diet (weight loss), nutrition and mental health. It includes articles about positive thinking and also has some religious articles. However, it lacks the person experience-type articles that help readers to understand why people try to become healthier individuals. They do, however, promote self-help.

A health magazine that has a Christian slant is *Vibrant Life*. Article topics would be similar to *Nutrition: The Right Way*, however, there is no promotion of herbal remedies or other supplements for prevention and wellness. They have lengthy feature articles on breakthroughs in

medicine, which we wouldn't include.

*Nutrition: The Right Way* will cover prevention of diseases such as cancer and diabetes, as well as including information on herbal supplements that have completely cured people of these problems. It will explain that cures exist that many doctors won't recognize and tell the stories of the people who lived them.

**Editorial Need:**

It is important for the public to realize that they have a choice in how to get well and stay well. The Federal Drug Administration recently did a study on the numbers of people who visit medical doctors compared to those who visit homeopathic practitioners. What they found was that 70 percent of the people who seek treatment end up using homeopathy or some natural healing mechanism to become well again.

This information isn't new. It has been around since Bible times. It just hasn't been put in front of the public in magazine form. It is hard to find this information in book stores and the magazine rack would be a good place to start. I feel this magazine would make an impact on the number of people who switch from medical doctors to homeopathy. The Federal Drug Administration has proven, to their surprise, that there is an audience.

## Editorial Content:

Generally, *Nutrition: The Right Way* will:

1. Explain the pros in using homeopathic and natural remedies in healing.
2. Use Biblical sources and Bible studies to promote healthy attitudes toward life.
3. Emphasize the importance of good nutrition in today's fast-paced society.
4. Provide readers with true stories of triumph over diseases that most would have considered hopeless cases.
5. Give detailed information on nutrition for children, women, men and the elderly.

*Nutrition: The Right Way* will cover in its early issues:

- \* Men and hair loss - Why it happens and how to reverse it
- \* Women and PMS - Lessening problems of menstruation
- \* How children's hyperactivity could be food-related
- \* A story of an Amish man who people travel days to see
- \* How a woman's life turned around because of homeopathy and how she is now helping others.
- \* Nutritionists covering issues that they have found important in dealing with their patients.
- \* The Healing power of Vitamin C

- \* Stress management and how supplements can help
- \* Personal story on the healing power of prayer
- \* Arthritis: How to get rid of it
- \* Alzheimer's Disease: All's not lost-it's reversible
- \* Water: What it's good for and how it helps

### **Reader Potential:**

The readers of *Nutrition: The Right Way* will be both males and females. The articles will relate to those in their 20s to those in their 60s and 70s. It will appeal to the interests of both the family and the single person, covering topics for parents and children to dealing with the stress of college life to staying healthy after retirement. A large percentage of the people in the United States fit this description because it is very general. The reason it is general is because it will answer to the needs of several age groups.

These same people will read other magazines such as *Sassy*, *Parents*, and *Modern Maturity*. These people read these types of magazines for tips on healthy ways to raise children, how to get rid of acne and what to do for arthritis. Another group within this group are Christian readers who relate their lifestyle and health to their healthy relationship with God. These people will have a special interest in the magazine. Incomes of these people and family will vary. They will range from lower middle class to upper middle class.



The first year it is planned that the circulation of *Nutrition: The Right Way* will reach at least 150,000. All estimates for the first year are based on that assumption. The second year, the circulation will increase to 200,000. If the circulation keeps a steady increase, by year four the circulation should be about 350,000. I feel this goal will easily be met.

#### **Advertising Potential:**

Advertisers would be those in health food stores or large companies that sell herbs, vitamins and supplements, such as Nature Sunshine, Pure Herbs and Nature's Way. Local advertisements from health food stores would also be in the magazine. Advertisements for exercise equipment such as NordicTrack and athletic equipment such as Nike would be endorsed. Coops who sell food without preservatives or additives would advertise also. Bibles and self-help books as well as books on nutrition would also be advertised by companies such as Nutri-Books. Other book companies might include Zondervan or even local Christian book store advertisements.

#### **The People Involved:**

Initially there will only be five employees. There will be an editor, circulation director, advertising director, design/layout/artist, and a photographer. We would solicit articles from freelancers and the magazine will be approximately 50 percent freelance written. As a back-up money has also been allotted for freelance photographers.

The editor will be myself, Donna S. Frederick. I have completed an undergraduate degree at Ball State University in journalism in the magazine sequence. I also graduated with honors from the Honors College. Editing is an area that I am strong in and since I have had the most experience of the staffers in magazine production I will help in all areas assigned.

The circulation director will be Sandra L. Frederick. She graduated with distinction from Ball State University with degrees in accounting and business management. She is very creative in finding ways to increase circulation and has done several research projects on the topic to be better prepared for this venture.

The advertising director is Sherry Huffman. She graduated from Ball State University's journalism department with degrees in advertising and public relations. She is very competent and strong in her field. She has worked with an advertising company for five years. She sees potential in this magazine and has decided to join our staff.

The design/layout/artist will be Scott Davis. He graduated from Indiana University with a degree in graphics and a minor in art and photography. He was the top of his class and has worked for *Indianapolis Monthly* for two years as layout and design editor. I think he will make a strong contribution to the staff. He decided to join the staff because he thinks the market is good and wants to contribute his skills.

The photographer is Dawn Huffman. She graduated from UCLA with a double major in photography and art (photography sequence). She has managed to publish some of her prints in *National Geographic*, but breaking in requires more experience. She is looking forward to working on the staff.

**Basic Assumptions:**

A. The proposed magazine will be bimonthly the first year and bimonthly the second year with two special issues (8).

B. The average circulation will be 150,000 for the first year and about 200,000 for the second year (33% increase).

C. The price of subscriptions will be \$15 for the first year and \$17 for eight issues the second year. Bringing in \$1.8 million in revenue for year one and \$2.72 million in year two.

D. The direct mail test will include sending 3.75 million pieces during year one, increasing to 6.67 million for year two.

E. The mailings will pull 4 percent (not bad) during the first year. In year two the percentage will decrease slightly to 3 percent (about average).

F. The newsstand price per copy is \$2.95 the first year and \$3.25 the second year. (The figures on the following pages are based on 100 percent sales which is highly unlikely.)

G. In year one, the publisher will produce an issue with 40 pages and the second year it will be 48 pages.

H. We will assume that 25% of the magazine will be advertising the first year and 30% the second.

I. With a circulation of 150,000 the CPM (cost per thousand) for black-and-white is \$25 coming to \$3,750/page. The CPM for color advertising is \$35 coming to \$5,250/page. These rates will remain fixed for the first two years. It will cost \$5,000/page for black-and-white and \$7,000/page for color the second year due to increased circulation. Total advertising revenues are based on 3 b&w/7 color, totalling \$221,760 the first year and 4 b&w/10.4 color, totalling \$289,260 the second year.

J. The cost for printing in year one is going to be about \$.30/magazine because the size of the magazine is small. The second year, the magazine will be slightly larger, but because of increased volume, the cost will go down to \$.25. Totals will be \$270,000 in year one and \$400,000 in year two.

K. There will be five full-time staff people with salaries totaling \$100,000 in the first year and \$125,000 in the second.

# **Basic Assumptions**

		Year 1	Year 2
A.	Number of issues	6	8
B.	Average circulation	150,000	200,000
C.	Subscription price	\$15.00	\$17.00
D.	Total mailings/year	3.75 mil.	6.67 mil.
E.	Average % return mailings	4%	3%
F.	Newsstand price/copy	\$2.95	\$3.25
G.	Average tot. pgs./issue	40	48
H.	Average ad. pgs./issue	10	14.2
I.	Advertising CPM b&w	\$25	\$25
	color	\$35	\$35
J.	Cost/copy printing	\$.30	\$.25
K.	# full time employees	5	5

## Year 1

	Initial Costs	Rev/Exp/Mag	Yearly Rev/Exp
<b>Revenues</b>			
Subscriptions		\$ 300,000.00	\$1,800,000.00
Single Copy		\$ 88,500.00	\$ 531,000.00
Advertisement		<u>\$ 48,210.00</u>	<u>\$ 289,260.00</u>
<b>Total Revenues</b>		<b>\$ 436,710.00</b>	<b>\$2,620,260.00</b>
<b>Expenses</b>			
Computers (2)	\$ 5,000.00		
Software	\$ 2,000.00		
Printer (1)	\$ 1,000.00		
Desks (5)	\$ 600.00		
Chairs (5)	\$ 250.00		
Tables (2)	\$ 40.00		
Light table (1)	\$ 100.00		
File Cabinets (4)	\$ 200.00		
Photocopier (1)	\$10,000.00		
Fax machine (1)	<u>\$ 200.00</u>		
<b>Total Office Equip.</b>	<b>\$19,340.00</b>		<b>\$ 19,340.00</b>
<b>Salaries</b>			
Editor		\$ 4,166.67	\$ 25,000.00
Circ. Dir		\$ 3,333.33	\$ 20,000.00
Design/Layout		\$ 3,333.33	\$ 20,000.00
Ad Dir.		\$ 3,333.33	\$ 20,000.00
Photographer		\$ 2,500.00	\$ 15,000.00
Health Ins.		\$ 3,333.33	\$ 20,000.00
Fire/Liab Ins.		\$ 500.00	\$ 3,000.00
Frlnc Writers		\$ 1,500.00	\$ 9,000.00
Frlnc Photos		\$ 150.00	\$ 900.00
<b>Utilities</b>			
Rent	\$ 750.00	\$ 1,500.00	\$ 9,750.00
Electricity	\$ 100.00	\$ 140.00	\$ 940.00
Telephone	\$ 100.00	\$ 200.00	\$ 1,300.00

	Initial Costs	Rev/Exp/Mag	Yearly Rev/Exp
Travel		\$ 1,000.00	\$ 6,000.00
Legal Fees	\$ 500.00	\$ 166.67	\$ 1,500.00
Acct. Fees		\$ 166.67	\$ 1,500.00
Repairs		\$ 161.17	\$ 967.00
Supplies		<u>\$ 400.00</u>	<u>\$ 2,400.00</u>
<b>Total Operating Expenses</b>		<b>\$ 25,884.50</b>	<b>\$ 176,097.00</b>
<b>Advertising</b>			
Direct Mail		\$ 250,000.00	\$ 1,500,000.00
Blow Cards		\$ 3,000.00	\$ 18,000.00
Printing		\$ 45,000.00	\$ 270,000.00
Fulfillment		\$ 12,000.00	\$ 72,000.00
Postage/Deliv.		<u>\$ 30,166.67</u>	<u>\$ 181,000.00</u>
<b>Total Expenses</b>		<b>\$ 366,051.17</b>	<b>\$2,217,097.00</b>
<b>Net Inc. Bef. Tx.</b>		<b>\$ 67,193.83</b>	<b>\$ 403,163.00</b>
<b>Inc. Tx. Expense (34%)</b>			<b><u>\$ 137,075.42</u></b>
<b>Net Income</b>			<b><u>\$ 266,087.58</u></b>

## Year 2

	Add. Costs	Rev/Exp/Mag	Yearly Rev/Exp
<b>Revenues</b>			
Subscriptions		\$ 340,000.00	\$2,720,000.00
Single Copy		\$ 130,000.00	\$1,040,000.00
Advertisement		<u>\$ 92,800.00</u>	<u>\$ 742,400.00</u>
<b>Total Revenues</b>		<b>\$ 562,800.00</b>	<b>\$4,502,400.00</b>
<b>Expenses</b>			
Computers (1)	\$ 2,500.00		
Printer (2)	<u>\$ 2,000.00</u>		
<b>Total Office Equip.</b>	<b>\$ 4,500.00</b>		<b>\$ 4,500.00</b>
<b>Salaries</b>			
Editor		\$ 3,750.00	\$ 30,000.00
Circ. Dir		\$ 3,125.00	\$ 25,000.00
Design/Layout		\$ 3,125.00	\$ 25,000.00
Ad Dir.		\$ 3,125.00	\$ 25,000.00
Photographer		\$ 2,500.00	\$ 20,000.00
Health Ins.		\$ 3,125.00	\$ 25,000.00
Fire/Liab Ins.		\$ 375.00	\$ 3,000.00
Frlnc Writers		\$ 2,400.00	\$ 19,200.00
Frlnc Photos		\$ 100.00	\$ 800.00
<b>Utilities</b>			
Rent		\$ 1,125.00	\$ 9,000.00
Electricity		\$ 105.00	\$ 840.00
Telephone		\$ 150.00	\$ 1,200.00
Travel		\$ 1,500.00	\$ 12,000.00
Legal Fees			
Acct. Fees		\$ 125.00	\$ 1,000.00
Repairs		\$ 250.00	\$ 2,000.00
Supplies		<u>\$ 362.00</u>	<u>\$ 2,901.00</u>
<b>Total Operating Expenses</b>	<b>\$ 25,742.63</b>	<b>\$ 210,441.00</b>	



	Add. Costs	Rev/Exp/Mag	Yearly Rev/Exp
<b>Advertising</b>			
Direct Mail		\$ 333,500.00	\$2,668,000.00
Blow Cards		\$ 4,000.00	\$ 32,000.00
Printing		\$ 50,000.00	\$ 400,000.00
Fulfillment		\$ 16,000.00	\$ 128,000.00
Postage/Deliv.		<u>\$ 40,000.00</u>	<u>\$ 320,000.00</u>
<b>Total Expenses</b>		<b>\$ 469,242.63</b>	<b>\$3,758,441.00</b>
 <b>Net Inc. Bef. Tx.</b>		 <b>\$ 92,994.88</b>	 <b>\$ 743,959.00</b>
 <b>Inc. Tx. Expense (34%)</b>			 <b><u>\$ 252,946.06</u></b>
 <b>Net Income</b>			 <b><u>\$ 491,012.94</u></b>

# *Nutrition*

## *The Right Way*

Learning  
From the  
Amish  
*pg.16*

The Healing  
Power of  
Prayer  
*pg.11*

Hyperactive  
Children?  
Here's Help  
*pg. 7*



Cover Story:  
Miracles at Work  
*pg. 8*



# Why Acerola Plus is your best source of Vitamin C.

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*Available at Fine Health Food Stores Everywhere*

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## Right From the Editor

### Why Nutrition the Right Way?

Donna Frederick  
is editor of  
*Nutrition the Right  
Way* and a  
graduate of the  
journalism  
program at Ball  
State University.

We've all been sick from time to time, some worse than others. In college I went through a period of time when I was sick over about a two and a half month stretch. I had been to the doctor five times in that time period. I had been placed on a different antibiotic every time and none of them worked. Studying was difficult, as was

aring in class because my eardrums had accumulated fluid behind them. The antibiotics weren't clearing anything up. The doctor decided that he would have to lance my eardrums. I am an aquatic instructor and need to be in the water quite a bit. At the time, I was due to be in a special two-day class in about a week. Diving to the bottom of 12 feet of water would have almost killed my ears. I knew if I had my eardrums lanced it would

be a while before I could get into the water.

My mother took me to a lady named Jay Archer who got me through the ordeal. I quit taking the antibiotics and started taking nutritional supplements and herbs and changed my diet. Within three days I was well and my ears were unplugged. Well, no it's not a "miracle" story, but I found that by using good sense and altering my diet, good health was possible.

This magazine is to inform the general public of other options that they have to take care of problems other than going to medical doctors. The stories are all true and articles on supplements and uses have been researched. There is a guest column called "Closing Notes" in which nutritionists have the chance to express their views and what they have found while working with patients.

I hope you enjoy the magazine and gain enough knowledge to make good decisions when thinking about your health and the health of your family.

**Editorial Director**  
Donna S. Frederick

**Editor**  
Donna S. Frederick

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*Nutrition the Right Way*  
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*Nutrition the Right Way* is a health magazine written from a Christian point-of-view. It promotes the use of herbs and natural remedies for healing instead of medicine and drugs. It is informative on all aspects of health, including older adults, and children. Letters to the editor are appreciated. No attempts of diagnosis have been made and with serious health conditions, it is suggested that you see a nutritional counselor.



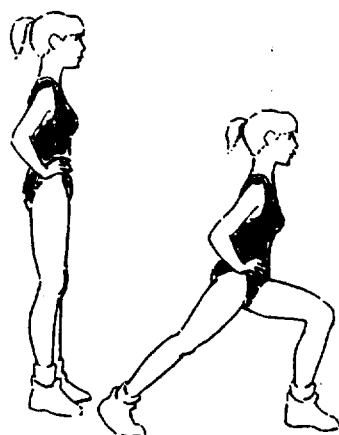
## backside Basics

You might have gone for the burn while exercising your abdominal muscles, but have you ever felt the same burn in the muscles of your backside?

Probably not, although you should, since strong back, hip and buttock muscles provide much-needed balance to strong abdominals. Here are four easy exercises that, combined with

regular aerobic exercise, will help tone and strengthen you hips, "glutes," thighs and lower back. Start with one set of 6 to 8 repetitions for each exercise, and work up to three sets of 12 to 20 repetitions.

### 1. Alternating Front Lunge:

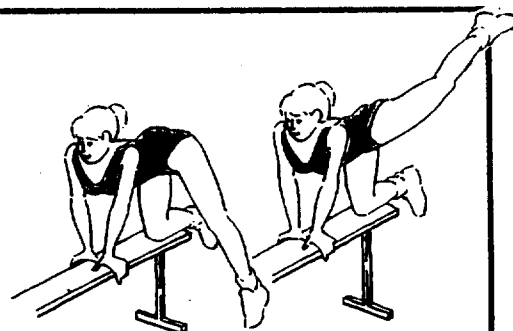


Stand with your feet 12 to 14 inches apart. Keeping your head up and your back straight, step forward as far as possible (about 2 to 3 feet) with your right leg until your upper right thigh is almost parallel with the floor.

Keep your other leg straight as you lunge forward. Step back to starting position. Repeat with your left leg. If necessary, use a chair or railing for balance.

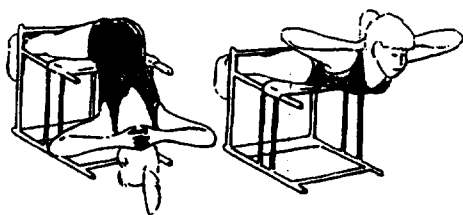
### 2. Kneeling Back Kick:

Kneel with your left knee on a bench. Grasp the outer sides of the bench, keeping your arms locked.



Let your right leg hang down. Raise your right leg straight back as far as you can, keeping the leg straight. Return to starting position and repeat. At the completion of the right leg set, switch to the left leg.

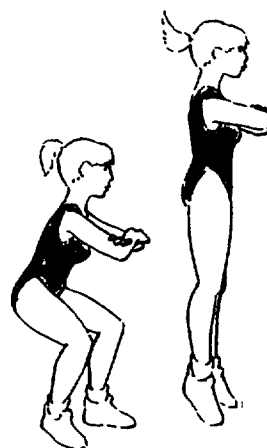
### 3. Hyperextensions:



Position your body on a waist-high back extension bench. Bend over with your head down and hands

clasped behind your head. Raise your torso until it's just past parallel with the floor. Return slowly to the original position and repeat. (Note: If you don't have access to a bench, you can do a similar exercise from a face-down position on the floor. Just lift your torso 6 to 8 inches from the floor, hold briefly and relax.)

### 4. Jump Squats:



Keeping your head up and your back straight, squat until your upper thighs are nearly parallel with the floor. Jump straight up in the air. Let your legs absorb the impact as you return to the original position. Repeat. (Caution: Don't do this exercise if you

are experiencing knee pain. Instead, substitute a low-impact alternative exercise, such as the leg press on a Universal weight machine.)



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### TWINLAB

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### Supplements for PMS, cramps

Because some women experience so many difficulties during menstruation, it has many names: the plague, the curse, or just that time. Moodiness and pain often accompany this cycle. There is help, natural help.

Exercise, relaxation therapies, diet, nutritional supplementation and some herbs are more gentle in their action than pharmacological drugs. While it may take longer to find the right combination using these therapies, this kind of relief may be preferred in the long run.

Nutrition holds great promise, for it offers the possibility of heading off the discomforts of PMS and dysmenorrhea (cramping).

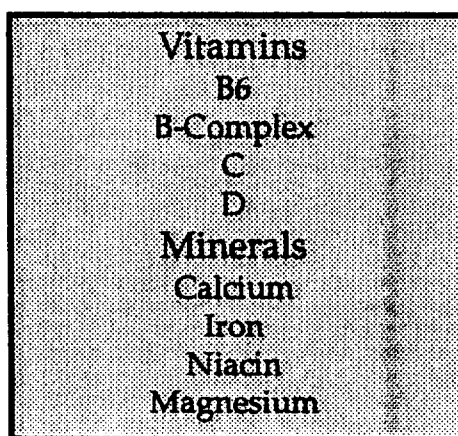
Enhancing vitamin B6 levels helps reduce painful fluid accumulation in the tissues.

Calcium is involved in muscle contractions and nerve transmissions, and low calcium levels are associated with fluid retention, headache, nervous tension and cramps. Calcium-magnesium supplements are available at health food stores. Vitamin D enhances calcium absorption.

Sugar, caffeine, marijuana, nicotine and alcohol all overwork the liver and interfere with the body's natural pain relievers.

#### Helpful Supplements

When diet does not do the job, or where symptoms are especially pronounced, supplements are helpful. Calcium with magnesium is helpful if started a day or so before symptoms are expected (keeping a calendar helps). If separate calcium and



magnesium supplements are used the ratio should be about two parts calcium to one part magnesium. When severe cramping occurs calcium can be administered hourly; however, this may bring on diarrhea. 400 units of vitamin D should be taken daily with calcium supplements.

Ten to 25 mg of vitamin B6 can be taken daily, alone or with the entire B complex, to reduce symptoms associated with fluid retention. If not sufficient increase up to 200 mg daily during the premenstrual week and menstruation. A high potency (50 to 100 mg) B

complex tablet can be taken daily, while women with severe cramps may try 500 mg L-tryptophan, plus 50 mg B6 and 100 mg niacin taken at the onset of pain.

Iron supplements are advised when blood loss is extreme. Vitamin C taken at the same time will increase absorption.

Women who take birth control pills suffer fewer menstrual disorders, possibly because of the effect the pill has on ovulation or in mediating hormone fluctuations. In fact, the pill is one common medical treatment for the cramps associated with spasmodic dysmenorrhea. Pill users exhibit low serum levels of B6, folic acid, vitamin C, zinc and magnesium' nutritional supplements are often suggested.

Allow a trial period of three months before evaluating the effects of improved nutrition.

#### Exercise

Women who exercise regularly do tend to have fewer problems and exercise can offer relief from some menstrual discomforts. Activities which strengthen the abdominal muscles and those which improve circulation are especially valuable. Swimming, biking, vigorous walking and yoga are recommended as part of the daily routine. Source: Goldbeck, Nikki. How to Cope with Menstrual Problems—A Wholistic Approach. Keats Publishing, 1983.



## **Hair Loss**

Men have often been concerned with many things. I think the one thing that they have been most concerned about is hair loss. Sure many people make jokes about those going bald, even the victims.

Hair loss is a signal that something isn't working correctly in the body.

Hard hair means that the person has eaten a good proportion of

vegetables and grains; soft hair indicates heavy consumption of animal food. Straight hair indicates consumption of more vegetables and grains, or food that is well balanced between yin and yang (examples of types of food are below.) Curly hair is caused by extreme yang food, or extreme yin. Dry hair and wet hair are caused by consumption of too little or too much liquid. Oily hair comes from eating too much animal

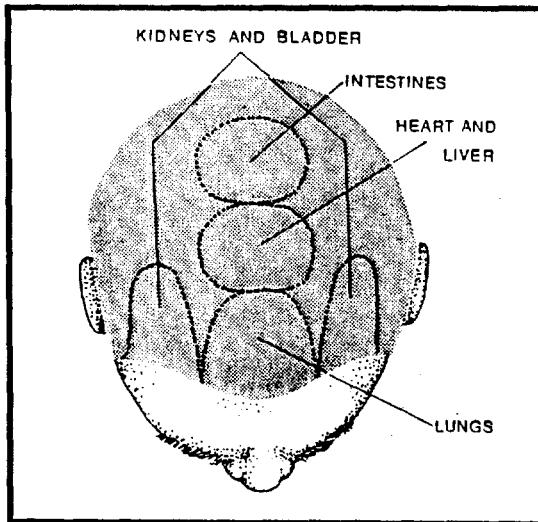
food, especially dairy products, and from sugar.

Strong hair is the result of eating vegetables and grains in an orderly manner. Fragile hair — that is, a strand can be plucked and broken easily - is a sign of poor health.

Hair generally indicates the condition of the intestinal villi. There is actually a physical correspondence between the two, except that the villi are in liquid

and the hair is in air. Baldness is a sign that our internal organs are becoming weak. We can tell which organs are concerned by the area on the head where the hair is sparse or absent.

The diagram to the left indicates areas on the head that may be thinning and what system the area relates to. If the hair is thinning in those areas, those specific systems are weak. If for instance, someone is weakening his lungs by taking



### **Examples of Yin**

**Food**

**oil**

**sugar**

**fruits**

**nuts**

**sea vegetables**

**vegetables**

### **Examples of Yang**

**Food**

**fish**

**game**

**eggs**

**salt**

too much yin food, his hair will start to recede in the front. It is possible for the hair to grow back if the person eats wisely. Some people lose a lot of their hair when they begin eating macrobiotically, but this is only bad quality hair; good hair grows in later and plenty.

Excessive body hair is caused by eating too much protein, either directly as protein, or indirectly from excess food which is converted into protein. Even if you have cut down on your intake of protein - especially animal protein - if you are overeating you will retain excessive body hair. Source: Kushi, Michio. Your Face Never Lies

### Food Sensitivities

Children have energy spurts and we wonder how we can ever keep up with them. But, does your child go nuts after eating certain foods? How about snacks? Many educators and parents have noticed a relationship between meals and a child's level of activity and type of behavior. Ask, in particular the following:

\*Do some children react differently after a particular meal such as a "junk food snack?" Are any children different on the days when they eat candy, cereal, pizza, ice cream, cake, cookies, peanut butter, chocolate, popcorn, or drink a colored, sweetened beverage?

Food-sensitive children often have abdominal complaints which can range from a slight bellyache to bloody colitis. They frequently have an abdomen which becomes distended after eating. They belch, pass gas, and complain of halitosis, nausea, diarrhea or constipation. Associated headaches, leg wiggling, leg aches or other muscle aches are not uncommon. If these problems occur only on school days, they could be related to something eaten only in school or some other factor in the school environment. If, however, the

abdominal complaints occur seven days a week, be suspicious of a food-related problem due to a frequently eaten food. It is not stress related to school if the child has abdominal pain or headaches on weekends and vacations, as well as on school days.

Other youngsters appear to have mixed messages in relation to a food such as milk. For example, some children (or adults) who dislike milk intensely, seem to crave cheese, yogurt and ice cream. They often have a total dairy sensitivity, but only recognize that milk is not well tolerated. Once all dairy products are totally eliminated from the diet, their symptoms sometimes subside completely. Milk symptoms include a stuffy nose, throat clearing, clucking throat sounds, chronic cough, bed-wetting, intestinal complaints, leg aches, muscle aches, ear problems, fatigue, hyperactivity or some form of misbehavior. These children frequently were infant feeding problems because of prolonged colic. This complaint is frequently related to milk in the infants' formulas. If breastfeeding mothers drink cow's milk, it passes into the breast milk and some sensitive babies become irritable. A milk sugar or



**Certain fears that children have can stem from food sensitivities.**

lactose intolerance, should be suspected mainly in those infants or children who develop diarrhea, gas, and bloating from dairy products. Lactase-treated milk can help this illness.

#### **Types of Diets**

There are three major forms of allergy diets. 1) the single food elimination diet 2) the multiple food elimination diet and 3) the rotary diet.

These first two diets are mainly diagnostic. They help detect which food could be a problem. The third diet appears to be both diagnostic and therapeutic. It will reveal a food sensitivity and in time may enable some children to eat foods, which previously caused difficulty, without developing symptoms.

You should consult a nutritional counselor with your child before starting your child on these diets. The main thing to do is observe your child's behavior before and after meals and snacks. Keep a log for a couple of weeks and take it with you when you visit the nutritional counselor. Source: Rapp, Doris J., M.D., FAAA, FAAP. The Impossible Child In School and at Home.

# Miracles at Work..

By Donna S. Frederick

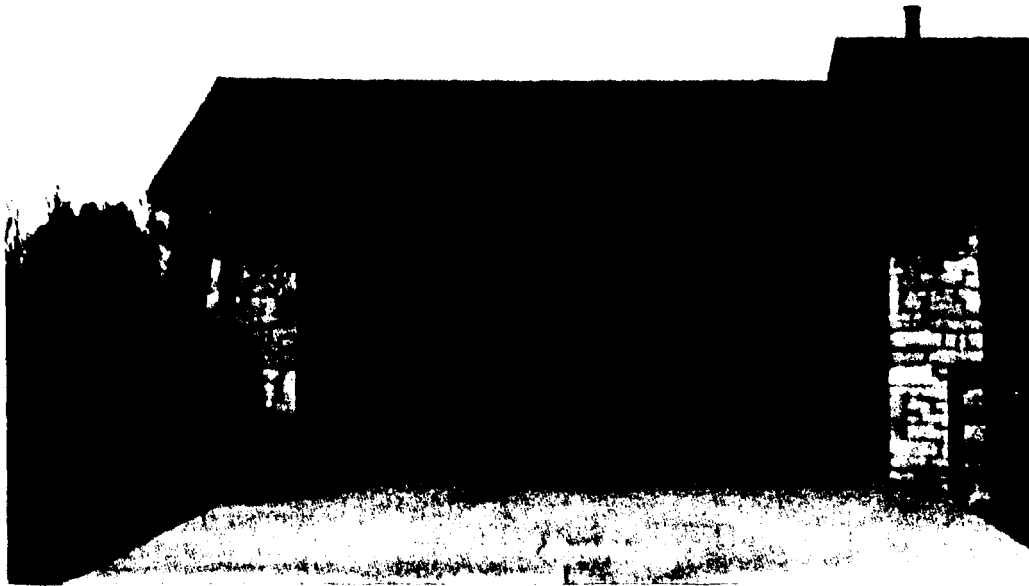
"I had the hose hooked up to the exhaust on the car and I was sitting inside it in the garage ready to turn the key, I'd had it. I yelled to the Lord and I said, 'You better find a purpose for me and tell me what it is and make me understand it because I don't understand why I even live, I feel so bad. Nobody can find anything the matter with me, and I'm supposed to be okay, I've had it!' said Jay.

It came to mind that she should visit Solomon, a man she had only seen one time, but had heard of many times. Solomon is Amish and practices a method of nutritional counseling called iridology.

Jay decided to give Solomon one and only one chance at helping her because she was tired of being depressed and not feeling well. Solomon used iridology and kinesiology, which is muscle testing and explained to her that she had hypoglycemia or low blood sugar. She had been tested by doctors for low blood sugar and had tested fine.

"They were wrong," she said.

Jay had been to three different hospitals and five different doctors who all diagnosed her problem as being



**With no hope in sight, Jay was ready to commit suicide by carbon monoxide poisoning. (Photo by Dawn Huffman)**

her nerves. She was depressed, had cold hands and feet, headaches, poor self concept, back, neck and leg aches and arthritis. She was only 42 years old and had already had a hysterectomy at the age of 30.

She had many phobias, one of which was the need to be with people all the time. She couldn't deal with being alone. She was a kindergarten teacher, but couldn't teach school and had to be hospitalized for two weeks while she was on seven different antidepressants.

Jay had been to a psychologist for two years and that didn't work either. Finally, her chiropractor suggested

seeing Solomon.

"He told me that his wife thought he [Solomon] could do just about anything," said Jay. That's what she remembered when she was in the car getting ready to turn the key.

Solomon gave Jay concentrated licorice root and told her to take nine capsules a day. About six hours later she was no longer depressed and her attitude toward everything had totally changed. She took herself off the antidepressants and mailed a letter to her medical doctor that said she no longer took them.

After taking licorice root for two and a half years she was

# Lifechangers

totally in control of her life. She can control her symptoms by not eating sugar. Every now and then she can even cheat and still be okay, but she has a regular life now.

"Nobody could do anything with me for five years. When I went home and found out that I wasn't depressed that night and I wasn't afraid to stay by myself and that I could actually carry on with life, I was convinced that Solomon knew what he was doing," she said.

Seeing how her life had miraculously changed over night, she returned to Solomon

to learn what he was doing. She spent five solid weeks with him in the summer, day and night, starting at 5 am and working until 10 every night. She watched, studied and practiced.

It took Jay about one and a half years of studying before she felt she could open her own office. She quit teaching kindergarten because the administrators at the school didn't approve of her nutritionally counseling the children. They [administrators] gave her a letter asking her to "cease and desist of nutritional counseling because it was practicing medicine without a license."

In fact, it wasn't practicing medicine, but they construed it to look as though she was trying to treat an illness or a disease. Although she was working with the parents on the matter.

"I had seen kids totally change from just using tansy to cleanse themselves of parasites. I knew there was something better and they would not, they would not let me do it," she said.

According to the law of the state of Indiana, balancing the body nutritionally is not treating a disease. There is no license required to do nutritional counseling.



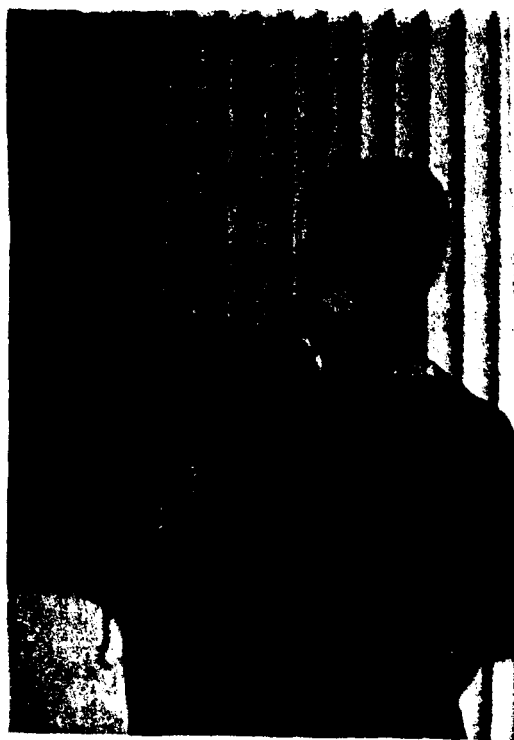
**With her modest shop based in her home, Jay now helps others.**

Jay has learned what it takes to make the body work. She says herbs are the things that God created and it's not chemical drugs. When people start taking herbs, she loses customers because they get well and they don't need to return.

According to Jay, doctors give you medicine and end up putting you on more until eventually people end up in drug rehabilitation centers or else they overdose. The body had to cleanse and get rid of certain things that it doesn't need. Chemical drugs interfere with the process.

Doctors tend to look at the body as having pieces and parts like a car. You can take out a part and put in a new part and it will work. The body doesn't work that way.

"The body is like the



**Muscle testing is part of a check-up and helps to easily locate weaknesses in the body.**

## Symptoms of Hypoglycemia

90% suffer from nervousness

80% suffer from irritability

exhaustion

faintness

dizziness

tremors

cold sweats

weak spells

70% suffer from depression

vertigo

drowsiness

headaches

60% suffer from digestive disturbances  
forgetfulness

insomnia

constant worrying

anxieties

50% suffer from obesity

mental confusion

palpitations

muscle pain

indecisiveness

numbness

40% suffer from

unsocial, asocial or

antisocial behavior

crying spells

lack of sex drive  
allergies and respiratory problems

lack of coordination

leg cramps

lack of concentration

blurred vision

twitching & jerking

muscles

30% suffer from

itching & crawling

sensations on skin

gasping for breath

smothering spells

staggering

sighing & yawning

20% suffer from impotency (males)  
night terrors

arthritis

phobias

fears

skin conditions

suicidal impulses

10% suffer from

nervous breakdowns

2% suffer from

convulsions (often

mistaken for epilepsy)

For more information  
read page 21.

"The body is like the ecology system. If you take out all the birds in the ecology system, it will collapse. That's how the body systems all work together," said Jay.

The difference between medical doctors and iridologists (those who study the eye) is that doctors work backwards, according to Jay. Doctors treat diseases: they find a dead body and figure out how it got dead. Then they try to figure out what to do to keep it alive. Iridologists find a live body and figure out problem areas it may have and find a way to keep it alive.

Contact reflex analysis (see Not New Age pg. 23) is a part of the process in testing clients for problems. In the analysis the body's own energy is used. When the body has a problem it will send a lot of electricity to that part in order to heal it. The body is full of electricity due to RNA and

DNA production.

As Jay describes it, the client holds one arm up and makes a fist. The contact reflex analyst puts one hand on the fist and pushes down. The client should resist and if the arm remains up it is a strong test. The tester takes the other hand and touches a possible weak spot in the body with the fingertips, completing a circuit. If the spot is indeed weak, the circuit will "short out" and the client's arm will fall, not able to produce energy to hold it up.

Many people feel that this type of testing is witchcraft or new age. Some even call it voodoo.

"The definition of a quack is something to the effect

of a person who does something that doesn't work. So, let me ask you what is it when they try to cure AIDS and they can't?" said Jay.

Jay assures customers that she is as far from New Age as light is from dark. Also she's

as far away from psychic readings and voodoo or witchcraft as day is from night. Her motivation is Biblical and is found in Ezekiel 47:12:

"And by the river upon

the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary; and the fruit thereof

**"The definition of a quack is something to the effect of a person who does something that doesn't work."**



**Jay keeps a large inventory of herbs which can nearly all be used in the course of three days.**

readings and voodoo or witchcraft as day is from night. Her motivation is Biblical and is found in Ezekiel 47:12:

"And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary; and the fruit thereof shall be for meat, and the leaf thereof for medicine." (KJV)

Such leaves are sage, parsley and many things that we aren't used to hearing about such as chickweed.

Jay has helped several hundred people in the six years that she has been practicing iridology (study of the eye) and contact reflex analysis. She hasn't been to a doctor herself in nine years.

One of her most recent clients, Susie, went to her

complaining of being tired all the time and under a lot of stress. She couldn't cope with college, finals and studying. She couldn't sleep at night, had trouble concentrating and was impossible to get along with.

This client resisted seeing Jay at first because she thought it was quackery and a lot of nonsense. Not believing anything Jay had to say and having no confidence in her, Susie followed the instructions she was given.

Jay had found that Susie had low blood sugar (hypoglycemia—a precursor to diabetes) and was almost overdosing on sugar. Her pupils would no longer contract when light shone in them, and the sugar caused headaches, besides. Her adrenal system was worn out and no amount of sugar or caffeine could pep her up. In fact, that's what was causing all of the problems.

Susie had strict orders not to eat refined sugars of any kind, white flour, or any carbonated or caffienated drinks. She followed directions merely to prove that Jay had no idea what she was talking about. She went through withdrawal symptoms from the sugar and caffeine for nearly three weeks. She was also taking supplements including kelp, TS II (a combination of herbs for iodine deficiency) and licorice root (a natural sugar).

Within two weeks her energy level returned to normal. Although she was still having some withdrawal symptoms, she felt much better. the puffiness was gone from her face, her pupils were small, indicating that her adrenal system was strong, and her face cleared up, showing that her digestive system was back in order. Her attitude changed. She was positive and full of energy.

The same girl, showing her stubbornness, went to a medical doctor with a sore throat. She had been on antibiotics for four weeks and kept getting worse. Five trips to the doctor later, she decided to return to Jay. Her ears were full of fluid and she was so congested that she had trouble breathing. Within one week of stopping

antibiotics she was totally over her problems. Calcium and Vitamin C did what over \$450 in doctor bills and antibiotics couldn't do. Incidentally, against the doctor's wishes, she didn't have tubes put in her ears, either. Jay cleared up that problem 15 minutes after it was mentioned.

Susie hasn't been to the doctor since then. She can hear perfectly and gets over colds and flues quicker than most. Personal experience speaks for itself, she says.

**"So let me ask you this, what is it when they try to cure AIDS and they can't?"**

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 Faithfulness: *The Foundation of True Friendship*  
 Gentleness: *The Strength of Being Tender*  
 Self-Control: *Mastering Our Passions*





### *Stress: Here's Help*

Too anxious to sleep? too tired not to sleep? Too exhausted to cope? Since our society thrives on stress and junk and convenience foods, and has upended eons of Nature's careful balancing, we must learn to survive on our own.

Under the guise of convenience, technology has worked against nature and its scheme, and has interfered with the nutritional team of protein, fats, carbohydrates and minerals.

The following list was compiled by Richard Passwater, PH.D. and Earl Mindell, R.Ph., Ph.D. to correct misconceptions about nutrition and to establish rules that will help achieve maximal nutrition under stressful circumstances:

1. We are biochemically individualized (Roger Williams, Ph.D.). None of us have the same needs as our fellow beings. We are not clones, and even if we were, circumstances such as age, environment, climate, disease, vocation, marital status and so forth would set us apart.

2. Our nutritional requirements vary with age. They vary depending on the rate of growth, of metabolism, of digestive absorption and on the effort expended. The developing child's caloric requirements are considerable. Metabolism is rapid in the

developing infant and requires a steady flow of sound nutrients; thus a child needs larger amounts of complex carbohydrates, vitamins, minerals. The metabolic rate slows as we age and the demands of growth decline, but our stresses increase and nutrition should be adjusted accordingly.

3. Nutritional needs vary and change according to conditions that may produce stress. The female during the menarche and during menstruation requires increased amounts of iron, folic acid, thiamin and, if taking contraceptive pills, B6 as well. All individuals subjected to increasing complexities of performance, whether they be business executives or work at home or in an office, face the need of constant nutritional changes, or reaffirmation of their instincts.

"Instinct is the total sum of cellular wisdom," according to Passwater and Mindell. Survival depends upon the restoration of instinct. Burying complaints and symptoms with drugs and controlled toxins promotes devitalization and the inability to roll with the punches of daily stress.

By balancing diet and getting a little exercise, stress levels can be reduced. foods such as white flour, refined

sugar, caffeine and excess milk products should be eliminated from your diet. They add unneeded stress to your already overworked adrenal system which causes fatigue as well as sleeplessness. Adding fresh green vegetables to your diet will help aid in digestion and bring your stress level down.

Some supplements that people under great stress may want to add to their diet are listed on the next page. Supplements alone will not take care of the problem! You must change your diet for it to be effective! In any case of doubt, or whenever any problem arises, it is wise to get professional (preferably nutritionally oriented) advice.

For survival and for optimal health, it is essential that we refine our instincts and develop our health awareness. The recognition of our biochemical individuality, staying away from refined and adulterated foods, sticking to natural, unrefined, unadulterated nutrients that are right for us individually, and taking the right kind of supplements will revitalize us and will promote good health and survival. Source: Passwater R., PH.D. and Mindell, Earl, R.Ph., Ph.D. Nutrition and Stress. Keats Publishing 1983.



## Daily Supplements for Stress

**A** — 25,000 IU. For those who live in areas where there is a dearth of full sun in the winter, this amount should be doubled during the winter months until about St. Patrick's Day.

**B1 (Thiamin)** — 250 mg. This enhances carbohydrate metabolism.

**B3 (Niacin)** — 50 to 100 mg. there are two forms of niacin which can cause a flush. While this can be embarrassing, it is of short duration, and it is this very occurrence which has been found to decrease the effects of histamine; thus it is theorized that it alleviates allergic manifestations. This same flush is believed to decrease circulator impairment and thus to be beneficial in conditions like Alzheimer's disease.

**B6 (Pyridoxine)** — 50 to 300 mg, with larger doses in times of stress. Many patients have found this to be an effective tranquilizer. It also enhances protein metabolism.

**B12** — 100 mg or more per day. has been found to be

important in the production of hemoglobin and effective in correcting pernicious anemia. It also increases vitality.

**Folic Acid** — 4 to 5 mg or more. It is able to correct pernicious anemia, but unfortunately masks a developing subacute combined degeneration of the spinal cord, an irreversible condition. Since B12 can correct this condition, folic acid should always be taken with B12.

**Pantothenic Acid** — 200 mg or more. This is essential to the production of RNA, DNA and of ecethyl coenzyme A.

**Paraminobenzoic Acid** — 250 mg or more. This acts as a sun screen and has effectively reduced severe sunburns suffered by fair-skinned people.

**D** — 1200 IU or more. This vitamin is badly lacking in the elderly and in those who avoid the sun, which converts the cholesterol on our skin to vitamin D. This vitamin is needed in the metabolism of calcium, and is therefore essential. The suggested dosage can be doubled and even tripled in the case of rapidly growing youths and the elderly.

**C (Ascorbic Acid)** — 250 to 100 mg or more. For these who find it causes digestive discomfort, calcium ascorbate should be

used as an antacid. This was suggested by Dr. Linus Pauling. Vitamin C strengthens the ability of the immune system to fight off invaders by enhancing antibody-antigen productivity.

**Calcium** — 1000 mg. Should be taken as a gluconate or lactate. In periods of stress the dosage can be doubled or even tripled.

**Magnesium** — at least half the dose of calcium. There is a natural balance between the two minerals in dolomite.

**Zinc** — 150 to 250 mg, as an oxide or lactate. It seems to be helpful in the treatment of enlarged prostates. It also seems to encourage growth in cases of short stature and to restore the sense of taste to those who have lost it.

**Chromium** — 125 mg or more. This seems to relate to carbohydrate metabolism and tolerance, as well as to glucose tolerance.

**Iron** — 27 mg or more. Necessary for the production of hemoglobin. There is a definite need for supplementation in the rapidly growing child, the menstruating female and the older person. It will darken the stool and this may be misconstrued as upper-intestine bleeding. If in doubt, seek professional advice.

# The Healing Power of Prayer

By Donna S. Frederick

We've all heard the phrase, "watch what you ask for because you just might get it." Well, what if we don't ask for it or pray for it? What I'm talking about is healing. No, I'm not talking about hocus pocus ala kazamm kind of stuff. I'm talking about honest prayer to God. I believe it's possible, but it's important to remember that it also has to be in God's will.

When I was in the seventh grade, my 15 year-old brother got the flu. It seemed as though he never got sick, but when he did—he went all the way with it. He would run high fevers and hallucinate. This particular time, things were quite a bit different.

Stacy would go into hysterics. He didn't understand what was being said nor could he communicate, but his eyes were open. He wouldn't settle in bed and go to sleep. He flailed his arms and scream.

I was worried about him and so were my parents. They began to think that maybe he had gotten into some drugs and overdosed on something. He had been sick nearly a week and all Mom gave him was aspirin to bring down the fever.

The next day, a trip to the doctor ended in the hospital. My 240 pound, 6 feet tall

brother had gone limp but was still conscious. My mom sat on him in the back seat while my dad drove. Apparently the blinding light of the sun off the snow was hurting his eyes because they wouldn't constrict.

After they got him into a darkened room, he calmed down and slipped into a coma. The doctors diagnosed him as having Rye's Syndrome. It is a disease that is usually caused by giving a child aspirin during or right after chicken pox. It was rare that a 15 year-old boy would have this condition because the ages of danger were from 1-13. Approximately 1 in 1,500 children who get this condition actually live.

My parents told me nothing except that Stacy was asleep and when he woke up they could bring him home. They told me that everything was ok and not to worry. I heard them both crying at night though, I knew it was more serious than they would ever tell me.

Every night when I went to bed I would pray. Yes, I was only 13 years old and our family didn't go to church, but I knew how to pray, or at least I thought I did. I would pray every night and ask God to make my brother better. I know my parents were praying too.

The doctors had told them that Stacy may never wake up. My parents told me that he might be asleep for a while because he was so tired from being sick.

Every night that week, I prayed. All I could do was have faith and hope that God heard me. Five days after he slipped into a coma, he woke up. Mom and Dad were sitting in his room. He sat up and said, "When are we going home?"

I was still at a friend's house playing video games when they called. Other than being a little confused as to why he was there, he was fine.

The doctors had no answers. There isn't a cure, but only to wait. They gave him no medication, but kept an IV in him so that he wouldn't dehydrate. The doctor said he couldn't explain it. My dad said, "I sure can. There were hundreds of people praying for that boy. I know how it happened. There is no question."

Prayer? Ask for what you need—if it's in God's will, it'll be. After the incident, my family started going to church and we've all been saved. It's too bad that it took a near tragedy for us to come to the realization that God is so powerful.

# Learning From



**The once straight highway was now a one-lane winding road.**

**By Donna S. Frederick**

The sky was filled with clouds that sputtered snow as we drove early that morning. The wisp of the wind around the car sent chills down my spine. The clouds broke, only momentarily showing a few rays of the sun. The road narrowed, again and again. The once straight highway was now a rough, one-lane winding road.

We passed two horse-drawn buggies and several houses with no electrical lines leading to them. It was then that I knew we were very close to our destination. We had

driven about two and a half hours to see a man named Solomon.

Solomon is Amish and has been blessed by God with a gift. I believe this gift he possesses is one of healing. After that few hours that we were there, I know that he would never admit that he had a gift, for that would be prideful. He never hesitates to give all credit to God.

His newly built home was up the driveway with the nutrition shop closer to the road. His sons were carrying wood in and out of the shop. They were gutting and remodeling the inside.

We were invited up to the house, a privilege few ever have. As we walked inside the massive home, I could see how each particular part of the house had been completed by hand. There was little furniture and two wood burning stoves. One, of course for cooking.

Since his shop was being worked on, we went back down the windy road to his nephew's home and shop. Solomon's nephew, Jake, had learned from him how to use herbs for medicinal purposes and healing.

We walked into the modest shop when shelves were hammed full of herbal remedies and natural foods. A room adjacent is where he meets each person who comes in with a problem or ailment of some kind.

The six of us and Solomon crammed into the

**"Do you have a problem?"  
Solomon asked in a calm, but serious voice.**

# The Amish

room, sitting anywhere we could so that we could listen to everything he had to say. It was Saturday so the sign outside the shop read "Closed." We were there to learn as much as we could about herbs and what types of things they could aid your body in healing.

In the middle of the conversation about mercury fillings in teeth and how each person is effected by them, there was a knock at the door. Solomon continued talking and Jay, a woman who learned from Solomon also, went to see what the man needed.

A few minutes later, Jay walked back into the room and said, "Solomon, this man needs to see you. he drove all the way from Louisville."

"Send him in," he calmly said.

The man entered the room and removed his hat.

"Are you Solomon?" he asked.

"Yes, how can I help you?"

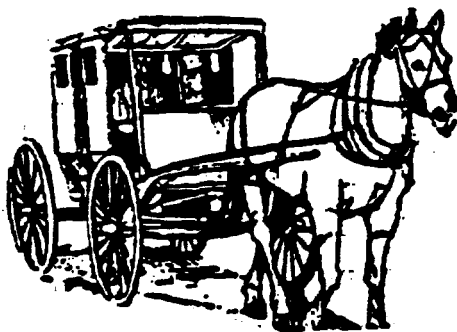
"I'm Bill and this isn't so much for me as it is my wife, Emma. Could I bring her in here?"

"Certainly," he said with the same calming tone of voice.

"Well, I really hate to bother you today because I know you're closed, but I

couldn't turn around and go home. I got here, saw the sign and got back in the car and left. I got about three miles down the road when I realized I couldn't take a chance so I brought her back," Bill said.

"Well, bring her in her and let me see her," said



**The Amish live simple lives, using horse-drawn buggies instead of cars.**

Solomon, as calm as before.

We had talked quietly for about five minutes by the time the man came leading his wife through the door.

She hesitantly walked in, looking around the room. Her hair was white and each strand

set perfectly in place. She walked forward and sat in the chair facing Solomon.

"Do you have a problem?" Solomon asked in a calm, but serious voice.

"Well, it's really bad" said Emma.

"What is it?" he asked patiently.

"It's really bad and I don't know if you can do anything or not," she said.

"So tell me what it is," Solomon said softly, but firmly this time.

"Well," she hesitated, "I have brain cancer."

The rest of us held our breath as we waited for Solomon's response.

"Oh," he said, "Let's see what we can do about that."

He tested her on several herbs using Dr. Versendaal's contact reflex analysis method. The method uses the energy flow in the body as an electric circuit. By pulling downward on the arm, with the patient resisting, and touching a certain spot on the body, a weak spot can be found. Each weak spot is related to some deficiency in the body. By holding or touching the bottle containing the vitamin, mineral or herb in



**Amish farms are untouched by pesticides or dangerous chemical fertilizers. Everything is pure and simple.**

which the person is deficient and touching the same spot again is how the problem is determined. The problem is corrected by taking the vitamin, mineral or herb as explained by the nutritionist. She tested strong on the herbs that he referred to as "the cancer program."

"There is no doubt you have cancer," he said, "But what I need to know is this: do you believe you can be healed?"

"Why, I suppose," stammered Emma.

"No," he said, "Do you believe that Jesus Christ can heal you right now?"

"Well, yes. I believe He can heal me," she said.

"Close your eyes," he said. He put the tips of his index fingers on her closed eyelids and moved her eyes in five different directions. While he did this, I'm sure he was praying to God, only silently.

At that moment I could feel the presence of the Lord stronger than I ever had before. I knew

that something was happening. I wasn't quite sure what or how, but it was. There was no voodoo, no chants, no maybes and no diagnoses.

The woman opened her eyes and Solomon tested her on the same herbs. Her arm fell easily.

"Well," he said, "All the cancer cells in your body are

**"Well," she  
hesitated, "I  
have brain  
cancer."**

dead."

Everyone looked around in amazement. She looked around the room and said, "I don't understand."

"There is nothing to understand," said Solomon, "The cancer cells are still there, but they are dead now."

He handed her a bottle of Burdock and said, "This will

clean the dead cells from your body. You'll be fine."

"But I'm supposed to report for chemotherapy in two days," she said.

"I can't tell you what to do," said Solomon, "but there won't be any cancer cells to kill in two days. They are all ready dead."

While the woman was talking to others in the room about her options, Solomon used the same methods to clear the clogged arteries of her husband. Solomon located the blocked arteries and told the man what percentage of blockage each one had. The man said, "Don't say any more. I know you're a man of God." Solomon had hit the exact percentages of blockage that the doctors had told the man he had.

The couple decided to skip the doctors and hospitals. They went home to pack and leave for Florida.

"I think it's time we walked the beach hand-in-hand



**"I think it's time we walked on the beach hand in hand," he said as he embraced his wife.**

in the moonlight," he said.

The man smiled at Solomon and said, "What do we owe you?"

"You don't owe me anything," he said. "You owe it all to Someone else. Have a good time in Florida and whenever you decide to come back, go to the doctor and get checked again—he won't be able to explain how things turned out the way they did. Just tell him that you needed a vacation."

The man turned as he was walking to the door, "Thanks again. We'll let you know how things are going when we get back and God Bless you."

When the door shut, we remained in silence. I, personally, was in awe of what had happened right before my eyes. I had never seen such faith before, not that close. Solomon continued as though nothing had interrupted the conversation.

He told story after story

about how people had come to him when there was no other hope. he explained that all those times he did nothing, but God used him as an instrument. He gave all the glory to God and took none for himself.

One story was about a boy who weighed about 200 pounds and played football in high school. That time it was New Year's Eve when his aunt came beating on the Amish man's door begging him to please come and help her nephew. He had cancer and it was eating his body away. The chemotherapy had caused all of his hair to fall out and he lay in bed, as Solomon described, "like an Ethiopian child."

Solomon worked with him a few times over about a month period of time, starting with taking him off the

chemotherapy treatments. The boy, who had been given a sentence of three weeks to live, suddenly didn't have cancer

**"Do you believe that Jesus Christ can heal you right now?"**

anymore and was gaining weight. Where is he now? Four years later he graduated from high school and was getting ready to play football in college. He has plans for marriage in the next year.

Another story was about a girl whose liver was locked up with cholesterol. The doctors



**The Amish fields are planted and harvested by hand. Working without frills helps you keep your eyes set on God, they say. (Photo by Dawn Huffman)**

next year.

Another story was about a girl whose liver was locked up with cholesterol. The doctors put her on a cholesterol-free diet and she got worse. her levels increased and she was given one week to live. As a last resort, she was brought to Solomon. He had her change her diet. Here was the prescription: one raw yolk of a farm egg, one quart of black cherry juice, and all the homemade butter she could possibly eat a day. She ate butter by the spoonfuls and drank her eggs and juice. In one month's time her liver was free from cholesterol and she

was given an clean bill of health. The doctors said it was the cholesterol-free diet they had her on. She didn't tell them she hadn't been on it since they told her she only had a week to live.

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened." (Matthew 7:7-8 NKJV)

Those who could find no where else to turn and no one

else to trust somehow found Solomon on that windy road.

Mostly they sought him out full of hope and doubt, but feeling nothing more could be lost. They always left with the assurance that God had somehow touched them and they were healed. They always want to give Solomon gifts

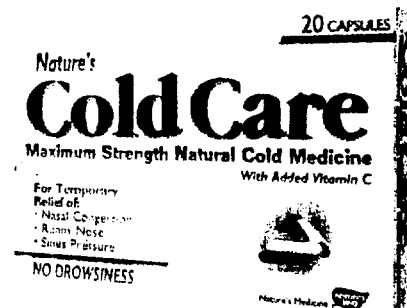
and thanks. He refuses them and asks those who come to give glory to the One and Only Father in Heaven, for He is the one who healed them all.

**"You don't  
owe me  
anything.  
You owe it  
all to  
Someone  
else."**

My nose is runny.

My head is stuffy.

I can't breathe.



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# **Hypoglycemia:**

## **What it is and What to do**

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Hypoglycemia has been known as a "fad disease."

Many doctors fail to recognize the danger it can cause to a person. After reading many of the symptoms on page 10, you might be a little concerned.

Having only one or two symptoms does not necessarily make you hypoglycemic, but you may want to watch you diet more closely.

Hypoglycemia is low blood sugar. It results from the body producing too much insulin. The most logical approach would be to eat more sugar, however that is not the case. Hypoglycemia is also a precursor to diabetes (high blood sugar). Low blood sugar is not caused by a lack of sugar in the diet. It is caused by the failure of the body's sugar-regulating mechanism, which results in a lowered sugar level in the blood after the person has eaten sugar.

As with diabetes, the diet must be controlled in order to grasp the situation and get control of your blood sugar level. Hypoglycemics cannot tolerate sugar. Any refined carbohydrates, white sugar, or even natural sweeteners such as honey are too much for the hypoglycemic.

Now, I'm not saying that after you have it under control that you can't cheat every now and then, but those times have

to be very few and far between.

The symptoms, both the physical and the psychological, have many causes. These may be broken down as follows:

1) Related to the direct lack of nutrients. This may cause such symptoms as temporary confusion, acute fatigue and tremors.

2) The probable effect on the neurotransmitters of the high intake of sugar. This is a presumed cause for a symptom such as depression. Much more investigation will have to be done before this is completely understood or validated.

3) The effect of the regulatory changes that the body has to go through in order to correct the low blood sugar. When one's blood sugar drops to a level that is too low to maintain body functions satisfactorily, a tremendous stress is put on the body. Adrenalin is released, which in turn causes the release of stored carbohydrates. Anyone who has ever had an injection of adrenalin with novocaine by a dentist knows the uncomfortable sensation of a speeding heart and the accompanying sensation of fear caused by the increased amount of adrenalin in the system. In a person with hypoglycemia, adrenalin may be released frequently throughout the day. It is the adrenalin that accounts

for some of the anxieties, as well as for some of the tremors and general feeling of "nervousness" so often experienced by hypoglycemics. Adrenalin also is the hormone that is released when we have to fight an opponent or to run from one. In a hypoglycemic, who is neither fighting nor running, the increased amounts of adrenalin easily contribute to the feeling of irritability that makes the person look for a fight.

A laboratory test can be done called a glucose tolerance test that should confirm whether or not you have hypoglycemia. The problem is that many doctors do not believe there is such a thing and as a result, misinterpret the tests.

### **Diet**

There are three dietary rules in the treatment of hypoglycemia. 1) Watch what you eat, 2) When you eat and 3) How much you eat.

**What you eat -** A hypoglycemic should have absolutely no refined carbohydrates.. Those are the lifeless processed starches and sugars. He or she may, however, have complex carbohydrates (e.g. grains). Refined carbohydrates are everywhere. **A person who is being treated for hypoglycemia must read labels.** Refined



# Hypoglycemia:

## What it is and What to do

Hypoglycemia is known as a "fad" Many doctors recognize the danger it poses to a person. After age 10, you might be concerned. Having only two symptoms does not necessarily make you hypoglycemic, but you may want to watch your diet more.

Hypoglycemia is low blood sugar. It results from the body producing too much insulin. The medical approach is to eat more sugar, but that is not the case. Hypoglycemia is also a precursor of diabetes (high blood sugar). Blood sugar is not caused by a lack of sugar in the diet, but by the failure of the body's sugar-regulating mechanism, which results in a high blood sugar level in the blood. The person has eaten sugar.

As a diabetic, the diet must be controlled in order to grasp the situation and get control of blood sugar level. Hypoglycemics cannot tolerate refined carbohydrates, white sugar, or even natural sweeteners such as honey and molasses for the hypoglycemic.

Now, I'm not saying that after you have it under control that you can't cheat every now and then, but those times have

to be very rare.

The symptoms of both the physical and psychological, have many causes. These may be broken down as follows:

1) Rapid weight loss or direct lack of nutrients may cause such symptoms as temporary hypoglycemia, acute fatigue and

2) The effect on the neuroendocrine system of the high intake of sugar. This is a presumed symptom such as depression, much more investigation is to be done before it is completely understood.

3) The effect of the regulatory changes in the body has to go in order to correct the high blood sugar. When one's blood sugar drops to a level that is not satisfactory, a tremendous stress is put on the body. Adrenalin is released in turn causes the release of carbohydrates. A person who has ever had an injection of adrenalin with needles, a dentist knows that it is a very uncomfortable experience of a speeding heart, sweating, and accompanying feelings of fear and a great amount of adrenaline. In a person who has a high adrenaline level throughout the day. It is the adrenaline that accounts

for some of the anxiety as well as for some of the symptoms and general feeling of "nervousness" so often experienced by hypoglycemics. Adrenalin also is the hormone that is released when the body is to fight an opponent from one. In a hypoglycemic who is neither fighting or running, the increased release of adrenalin easily causes the feeling of irritability and makes the person want to fight.

A laboratory test can be done called the tolerance test that shows whether or not there is a hypoglycemic problem is that many do not believe that is a thing and as a result interpret the tests.

### Diet

There are three dietary rules in the treatment of hypoglycemia: 1) Watch what you eat, 2) When to eat and 3) How much to eat.

What is the cause of hypoglycemia? We have absolutely no control over carbohydrates, the lifeless process of the sugars. He or she, however, have control over carbohydrates. Refined carbohydrates are everywhere. No one is being treated for hypoglycemia must read labels on food.

### Hypoglycemia Cont.

sugar is added to so many foods that a little here and there may add up to more than can be handled. Sugar is found in unlikely places such as canned baby foods, canned soups, vegetables, sauces, ketchup, and salad dressings. Although all packaged foods must be labeled, manufacturers now use synonyms for sugar, such as dextrose, sucrose, glucose, or natural sweetener.

Some fruits, though very nutritious, are too high in carbohydrates to be tolerated by some persons with hypoglycemia. The fresh fruits with highly concentrated amounts of natural sugar are bananas, apples, grapes, mangoes and all dried fruit. These are fine when they are accompanied by plenty of vitamins and minerals, the hypoglycemic should use them sparingly and only after the initial treatment is over. Sources:

Hypoglycemia: The Disease Your Doctor Won't Treat and

Hypoglycemia: A Better Approach.

#### Summary

- 1) Watch what you eat. Avoid all processed carbohydrates. Eat only high-quality carbohydrates and moderate amounts of protein and fats.
- 2) Watch how much you eat. Eat frequent small meals, enough to prevent hunger, but not enough to be stuffed.
- 3) Watch when you eat. Eat meals and snacks by the clock to avoid the drop in blood sugar.

### Foods to Avoid

Any foods containing sugar, white flour, white rice, artificial sweeteners, honey, caffeine, and alcohol.

### Restrictions

1. Fruits -- no more than two servings daily.
2. Milk - a limit of two 8-ounce glasses daily.
3. Grains - a limit of two cooked cups daily.
4. Bread - a limit to once piece of whole-grain bread daily.

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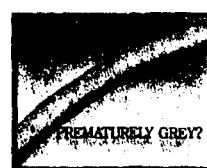
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## **Iridology**

Iridology is the science of analyzing the structures of the iris of the eye. The iris is the portion of the eye that carries color. Under magnification, the iris reveals itself to be a world of minute detail.

It represents a communication system capable of handling an amazing quantity of information. The iris reveals body constitution, inherent weaknesses, levels of health and the transitions that take place in a person's body according to the way he lives.

Presently, as in the past, many health care doctors have used this form of analysis along with other diagnostic techniques to get a more complete understanding of their patients' health care needs.

The eyes have been proclaimed throughout time as the windows to the soul. We now acknowledge them as the mirror of the body. Changes in and about the eyes have been used to gain insight into a person's state of health. Today it is realized that the information revealed in the eyes is greater than was formerly imagined.

A closer inspection with the tools made available by our expanding technology is revealing the iris to be a micro computer readout of bodily function and condition that truly deserves everyone's honest and fair-minded consideration.

Throughout the application of iridology, it is possible to observe normal and abnormal reflex signs. It does not compare all people together to create a norm, but rather compares an individual's strengths to his weaknesses; a weak organ in a strong body produces different characteristics, yet is still a

weakness for that person.

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**The eye is the window to the soul.**

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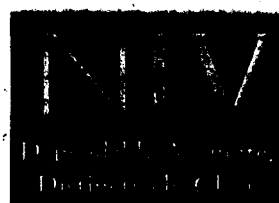
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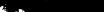
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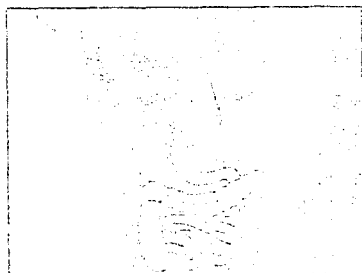


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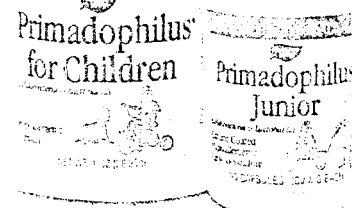
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